Check out page 3 for upcoming events happening in your city!

Redlands City News

What's going on in your backyard...

VOLUME I, NUMBER 33 | Subscribe TODAY! 909.370.1200 | AUGUST 15, 2013

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Alumni Celebrate Reunion

PHOTO COURTESY OF: KIMBERLY COOPER

From left: Reunion coordinators Jamie Corbett, Drew Jeffries, Barbie Ray, and Mike Ahuja flash smiles before the Redlands High School class of 1998 15-year reunion last weekend at the Edwards Mansion.

By: KIMBERLY COOPER
COMMUNITY WRITER

Saturday, August 10, the class of 1998 of Redlands High School gathered yet again at the Edwards Mansion located in the city of Redlands, part two of a three-day, 15-year celebration.

Classmates took a trip down Memory Lane at a display of their high school times, with framed pictures that showed school spirit, pep rallies, athletics teams and other good times.

Standing tall was a representation of the RHS mascot, the Terrier, with large "RHS" letters painted in royal blue.

Barbie Ray, alumna and one of four RHS Class of '98 reunion coordinators,

Cont. with Reunion on P. 9

Music Festival

PHOTO COURTESY OF: REBECCA SAI

Hundreds gather at the Redlands Bowl.

By: REBECCA SAI
COMMUNITY WRITER

Latin American-folk-jazz-fusion band Huayucaltia took the stage at the Redlands bowl to entertain a crowd of

Cont. with Music on P. 8

Back2School Jam

Kids Receive Free School Supplies

PHOTO COURTESY OF: ELYZABETH GREEN

Disney's Tinker Bell and Snow White smile with one young Redlands resident at the Back-2School Jam event.

By: KIMBERLY COOPER
COMMUNITY WRITER

Kids gathered recently at Sylvan Park for gifts, but

Cont. with Supplies on P. 9

El Kiosco Express Opens

PHOTO COURTESY OF: REBECCA SAI

Owner Erik Morden happily cuts the red ribbon at the El Kiosco Express grand opening on August 9.

By: REBECCA SAI
COMMUNITY WRITER

The community gathered Aug. 9 at El Kiosco Express to celebrate its grand opening.

This was the second restaurant opening for El Kiosco. The first is in Rialto. The ribbon cutting took place at 5:30 that evening, with Redlands Chamber of Commerce ambassadors and Miss Redlands in attendance.

Cont. with El Kiosco on P. 8

RCH Notable Nurses

PHOTO COURTESY OF: KAYLA WILLIAMS

Top row (from left): Senator Bill Emmerson (R-Redlands), Tooyin Owalabi, Angella Waller, Lauren Spilsbury, Steven Potjer, and Assemblyman Mike Morrell (R-Rancho Cucamonga). Bottom row (from left): Becky Baldwin, Sue Baze, Denise McGinty, Charito Pasion.

Senator Bill Emmerson (R-Redlands) along with Assemblyman Mike Morrell (R-Rancho Cucamonga) honored nurses

Cont. with Nurses on P. 2

Learning Italian

PHOTO COURTESY OF: NICOLE VEGA

Students at the Redlands Community Senior Center listen attentively as Bud Perry gives a short lecture on Italian history.

By: NICOLE VEGA
COMMUNITY WRITER

There are no tests, pop quizzes, or finals; it's just you, a pocket dictionary and the instructor.

Redlands Community Senior Center (RCSC) is offering a free class dedicated to the Italian language and culture. Unlike foreign language

Cont. with Italian on P. 2

Orchids and ONIONS

Submit yours today by emailing us at:
redlands@citynewsgroup.com

Many orchids to everyone who helped make our turtle show at the senior center a success! Thank you to all of the hard-working volunteers, attendees, and our Chairperson Monica Altman. We're looking forward to another successful show next year!

Orchids to my amazing friends for organizing a great Breaking Bad season premier party. Such fun!

Onions to the woman that rear-ended my husband last week, giving him a bad case of whiplash.

Orchids to International Day Spa for their great service and friendly atmosphere.

Onions to a certain cable company for terrible customer service and charging me for channels they no longer provide. Not happy!

Announcements

When congratulations are in order, please email us!

Submit yours today by emailing us at:
redlands@citynewsgroup.com

Congrats to my best friend for landing a role in a new television series. We're all so proud of you!

Happy 20th birthday Candace! I hope your special day is filled with love and laughter!

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Nurses

Cont. from P. 1

throughout San Bernardino and Riverside counties for their service to our community at the second installment of the 2013 Notable Nurses Awards Ceremony.

From Redlands Community Hospital, Rebecca Baldwin, Sue Baze, Yvonne Hu, Nancy Hydinger, Denise McGinty, Tooyin Owolabi, Charito Pasion, Steven Potjer, Melissa Valdivia and Angella Waller were recognized as notable nurses.

The breakfast and awards ceremony were held on Friday, July 12 at Redlands Community Hospital. The nurses were selected by their Chief Nursing Officer for their committed service to patients and dedication to the nursing profession.

"It's a privilege to be able to recognize these individuals who have given so much to our community," Senator Emmerson said. "This awards ceremony is our way of saying 'Thank you!' for their service and dedication to improving the lives of so many throughout our region. Their hard work does not go unnoticed."

This year is the third year that Senator Emmerson has hosted the Notable Nurses Awards Ceremony and breakfast to honor nurses throughout the 23rd State Senate District, which covers portions of Riverside, San Bernardino and Los Angeles Counties.

These nurses were honored alongside other Notable Nurses in the District:

From Loma Linda University Medical Center: Jennifer Blaire, Tony Dharmaraj, Monique Edwards, Brenda Jerez-Aguilar, Hannah Li, Christina Niles and Amelia Tiefenthaler.

From Riverside County Regional Medical Center: Laarni Colada, Adilu Flores, Andrea Harvey, Susan Kane, Jesse McDonald, Kathi Randall and Kristen Rodriguez

From Mountains Community Hospital: Cecile Dahlquist, Sheri Esquerra, Lainie Hilleary and Jamaila Torbett.

From Kaiser Permanente: Danielle Gledhill, Kathleen Hawkins, Jenny Hernandez, Brian Iacas, Jinsook Kim, Christina Landig, Antoinette McDowell, Chang Paik and Liwayway Torres.

From Community Hospital of San Bernardino: Elaine Boatwright, Susan Brusig, Melissa Marshall, Isabel Pinto, Natalie Rosenblum, Darla Saddoris, Desiree Walker and Patti Weeks. Stay tuned to the Redlands City News for individual profiles on the honored nurses in your area.

7 Things You Must Know before Putting Your Home up for Sale

Redlands—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9-Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. Fully three quarters of those who sell their homes don't get what they want for their homes and become disillusioned and—worse—financially disadvantaged when they put their homes on the market.

As this report uncovers, most of those who sell their homes make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9-Step System to Get Your Home Sold Fast and for Top Dollar."

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-586-0027 and enter 4000.

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Italian

Cont. from P. 1

classes offered in high school, this course allows students to learn at their own paces.

After living in Italy for nine years, RCSC volunteer Bud Perry decided to share his experience with those who care to discover more about the boot-shaped country. Perry first approached the center with a basic idea and a proposal. The idea was soon transformed into reality as Perry now teaches his first Italian language class.

Concluding the July 25 class, Perry demonstrated how to make a proper espresso and cappuccino. As the class progresses, Perry would like to incorporate more aspects of food, such as how to make pasta.

Program Coordinator David Jaffe explained that it takes a great deal of work to maintain an audience, and Jaffe believes Bud has what it takes. "This is the fourth class and it's standing room only. That really is a testament to him. Whereas other people might have a great idea and there's some interest within that, but after three or four weeks it'll fizzle out," says Jaffe.

According to Perry, it's extremely important to understand culture and history, especially when learning a language. This helps build not only vocabulary but also knowledge, giving insight as to why certain phrases and terms exist.

While this course is fairly easy-going, Perry urges his students to immerse themselves into the language by reading several Italian verses daily. "You get out what you put into it," he remarks.

"The true benefits of all these programs is that they give an opportunity for all the senior citizens to socialize," said Jaffe.

This hour-long class meets every Thursday, from 12:15 to 1:15 p.m.

The Senior Center offers a variety of programs ranging from quilting and chess, to violin lessons and Arabic classes. Volunteers lead about 80 percent of the services provided at the center.

What's Happening in Your Back Yard. . .

Email us your upcoming events at redlands@citynewsgroup.com

Thursday, August 15

Kid's Summer Horsemanship Camp
9:00 a.m.
Showcase Training Stables 28311 Live Oak Canyon Rd. Redlands 92373, 9 a.m. - 3 p.m. For kids ages 8+. Classes Tues. & Thurs. through Sept. 15. $55/day; discounts available for multiple days Gretchen Clark 909-798-9479

Tiny Tots Story Time
10:15 a.m.
A.K. Smiley Public Library 125 W. Vine Street Redlands 92373, Bring your little ones, ages 2-3, and enjoy storytelling from our wonderful group of readers! 909-798-7565

Redlands Rotary Club
12:00 p.m.
The Masonic Hall 131 Cajon St Redlands 92373, The Rotary Club of Redlands has a long history of supporting community projects and education. Meetings are every Thursday. 909-798-0953

Free Italian Language Class
12:15 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, Learn the basic vocabulary for introductions and also to get a better understanding of the people and the heritage. 909-798-7579 recreationstaff@redlandspolice.org

Basketball Clinic
5:00 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, May 2-30th. Kids 3-12 will learn basic & intermediate skills of basketball. $55/child. More information, call . 909-798-7572

Market Night
6:00 p.m.
Downtown State Street Redlands 92373, Farmer's Market; Features Food, Vendors, Entertainment, and fun for the whole family. Call 798-7548 for more information. 909-798-7548 drba@cityofredlands.org

The Andrews Brothers
8:30 p.m.
Avice Meeker Sewall Theater 101 E Highland Ave. Redlands 92373, Join us for this performance of the classic show play. Tickets available for $20 and students are $16 with I.D. 909-792-0562

Friday, August 16

Redlands Rotary Club
12:00 p.m.
The Masonic Hall 131 Cajon St Redlands 92373, The Rotary Club of Redlands has a long history of supporting community projects and education. Meetings are every Thursday. 909-798-0953

Afternoon Delight Dance Social
2:00 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, Welcoming all seniors. Free of charge dance session that requires no skills, but rather a fun attitude. Refreshments served. 909-798-7572-or (909) 863-5613

Glow & Bowl
6:00 p.m.
Empire Bowl 940 W. Colton Ave Redlands 92374, Empire Bowl turns out the house lights for unlimited bowling. $12 Wednesdays, $16 Fridays and Saturdays. 909-793-2525

Summer Music Festival
8:15 p.m.
Redlands Bowl 25 Grant St. Redlands 92373, Join us Tuesday and Friday nights through Aug 23 for opera, orchestra, jazz, and ballet classics. Admission is free. 909-793-7316

Dividing the Estate
8:30 p.m.
Avice Meeker Sewall Theater 101 E Highland Ave. Redlands 92373, Join us for this performance of the classic show play. Tickets available for $20 and students are $16 with I.D. 909-792-0562

Saturday, August 17

The Grove School Farmer's Market
8:00 a.m.
Iowa St & Orange Ave Redlands 92373, The market offers locally grown produce, eggs, bread and cut flowers, until 12 p.m. http://www.thegroveschool.org

LifeStream Comm Blood Drive
8:00 a.m.
Church of Jesus Christ of Latter-day Saints 350 Wabash Drive Redlands 92374, Thru 1 p.m. Those aged 18-44 yrs may register for Be The Match bone marrow screening at all donor locations free of charge. 909-855-6503 ext. 312 Don Escalante descalante@lstream.org

Redlands Lawn Bowling Club
9:45 a.m.
Sylvan Park 730 Chapel St. Redlands 92374, The Redlands Bowling Club meets three times a week. Membership will provide instructions, bowls & coaching. 909-794-8261

Bilingual Story Time
10:15 a.m.
A.K. Smiley Public Library 125 W. Vine Street Redlands 92373, Bring your little ones and enjoy a mix of Spanish and English storytelling from our wonderful group of readers! 909-798-7565

Saturday Storytime
11:00 a.m.
Barnes & Noble 27460 Lugonia Ave. Redlands 92374, Celebrate the weekend with great new books for ages 4-9. Join us in the Children's Department for a Storytime and activity. 909-793-4322

Glow & Bowl
6:00 p.m.
Empire Bowl 940 W. Colton Ave Redlands 92374, Empire Bowl turns out the house lights for unlimited bowling. $12 Wednesdays, $16 Fridays and Saturdays. 909-793-2525

Evening Under the Stars Summer Soiree
7:00 p.m.
Edwards Mansion 2064 Orange Tree Ln. Redlands 92374, Join the Knotts Family Organization in this annual event to benefit foster children of all ages. Call Sandy Oquin. 909-880-0600

Sunday, August 18

Amputee Connections Monthly Meeting
2:00 p.m.
Redlands Community Hospital 350 Terracina Blvd Redlands 92373, Meet fellow amputees and share valuable info and stories. 909-423-0562

The Andrews Brothers
8:30 p.m.
Avice Meeker Sewall Theater 101 E Highland Ave. Redlands 92373, Join us for this performance of the classic show play. Tickets available for $20 and students are $16 with I.D. 909-792-0562

Monday, August 19

Redlands Lawn Bowling Club
9:45 a.m.
Sylvan Park 730 Chapel St. Redlands 92374, The Redlands Bowling Club meets three times a week. Membership will provide instructions, bowls & coaching. 909-794-8261

Great Minds Homework Club
6:00 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, Sponsored by Police Dept. Students must bring all study materials. All ages welcomed. 909-798-7572 x5

Tuesday, August 20

Kid's Summer Horsemanship Camp
9:00 a.m.
Showcase Training Stables 28311 Live Oak Canyon Rd. Redlands 92373, 9 a.m. - 3 p.m. For kids ages 8+. Classes Tues. & Thurs. through Sept. 15. $55/day; discounts available for multiple days Gretchen Clark 909-798-9479

Diabetic Education Classes
9:00 a.m.
Redlands Community Hospital 350 Terracina Blvd. Redlands 92373, Classes are offered to foster self management of Diabetes through lifestyle changes. Available for all ages & at no cost. 909-335-5501-ext-6393

Football Skillz Clinic
5:30 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, Basic and intermediate skills of football training on Wednesdays from May 8 to June 5.
$49.50 per child.

909-798-7633
cbaker@cityofredlands.org

Summer Music Festival
8:15 p.m.
Redlands Bowl 25 Grant St. Redlands 92373, Join us Tuesday and Friday nights through Aug 23 for opera, orchestra, jazz, and ballet classics. Admission is free. 909-793-7316

The Importance of Being Earnest
8:30 p.m.
Avice Meeker Sewall Theater 101 E Highland Ave. Redlands 92373, Join us for this performance of the classic show play. Tickets available for $20 and students are $16 with I.D. 909-792-0562

Wednesday, August 21

Redlands Lawn Bowling Club
9:45 a.m.
Sylvan Park 730 Chapel St. Redlands 92374, The Redlands Bowling Club meets three times a week. Membership will provide instructions, bowls & coaching. 909-794-8261

Preschoolers Story Time
10:15 a.m.
A.K. Smiley Public Library 125 W. Vine Street Redlands 92373, Bring your little ones, ages 4-6, and enjoy storytelling from our wonderful group of readers! 909-798-7565

Basketball skills clinic
5:00 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, Basic and intermediate basketball skills education for children ages 3-12. The cost of the class is $55 per child. 909-798-7633 cbaker@cityofredlands.org

Every Man's Challenge
6:30 p.m.
Trinity Evangelical Church 1551 Reservoir Rd. Redlands 92374, Safe and confidential support group for men who are struggling with sexual issues. We meet every Wednesday night room M207. 909-335-7333 bob.blanck@yahoo.com

Candlelight Yoga
7:30 p.m.
Inner Evolution Yoga 555 W. Redlands Blvd Redlands 92373, This class will nurture your mind, body, and soul by helping alleviate stress and promote conscious relaxation. 909-798-2244

Dividing the Estate
8:30 p.m.
Avice Meeker Sewall Theater 101 E Highland Ave. Redlands 92373, Join us for this performance of the classic show play. Tickets available for $20 and students are $16 with I.D. 909-792-0562

Thursday, August 22

Kid's Summer Horsemanship Camp
9:00 a.m.
Showcase Training Stables 28311 Live Oak Canyon Rd. Redlands 92373, 9 a.m. - 3 p.m. For kids ages 8+. Classes Tues. & Thurs. through Sept. 15. $55/day; discounts available for multiple days Gretchen Clark 909-798-9479

Tiny Tots Story Time
10:15 a.m.
A.K. Smiley Public Library 125 W. Vine Street Redlands 92373, Bring your little ones, ages 2-3, and enjoy storytelling from our wonderful group of readers! 909-798-7565

Redlands Rotary Club
12:00 p.m.
The Masonic Hall 131 Cajon St Redlands 92373, The Rotary Club of Redlands has a long history of supporting community projects and education. Meetings are every Thursday. 909-798-0953

Afternoon Delight Dance Social
2:00 p.m.
Yucaipa Senior Center 12202 First Street Yucaipa 92399, Welcomed to all seniors. Free dance that requires no skills, but rather a fun attitude. Refreshments served. 909-797-1177-or (909) 863-5613

Basketball Clinic
5:00 p.m.
Redlands Community Center 111 W. Lugonia Ave. Redlands 92374, May 2-30th. Kids 3-12 will learn basic & intermediate skills of basketball. $55/child. More information, call . 909-798-7572

Market Night
6:00 p.m.
Downtown State Street Redlands 92373, Farmer's Market; Features Food, Vendors, Entertainment, and fun for the whole family. Call 798-7548 for more information. 909-798-7548 drba@cityofredlands.org

Category Icon Key

- Sports
- Recreation
- Business
- Entertainment
- Health
- Education
- Civic
- Community
- Religion

How Canned Foods Help You Cook like the Pros

(BPT)—If you are like many Americans, you can't get enough of those mouth-watering cooking shows where professional chefs whip up delicious meals in the span of a 30-minute show. How do they do that—and how can you replicate their cooking finesse in your own kitchen?

For starters, they have most of their ingredients measured and ready ahead of time, "magically" shaving time off their meal-prep demonstrations. What trips up many home cooks is timing. They get started on a recipe and one of the ingredients gets overly browned or overcooked while waiting for the next ingredient to be ready to go into the dish.

Relying more on canned foods, which come pre-cleaned, chopped and cooked, and easily portioned, can help you quickly assemble delicious and nutritious meals like the pros. Think of them as your personal prep kitchen. But, as evidenced by a recent consumer survey, Americans are unsure of the benefits canned foods bring to the table.

The fact is many professional chefs, accomplished home cooks and registered dietitians regularly incorporate canned ingredients into their recipes, so you can feel confident doing so as well. Consider these five key facts about canned foods.

1. Canned food is filled with important nutrients, including fiber, protein, and vitamins and minerals essential for a healthy diet. Yet, less than half (42 percent) of Americans surveyed realize the nutrients in canned food count toward meeting the U.S. Department of Agriculture's dietary recommendations.

2. Research shows canned foods offer comparable nutrients often at a lower cost than their fresh or frozen counterparts, particularly when waste and prep-time are considered. Additional research demonstrates that recipes prepared with canned ingredients rated the same or better in terms of taste and nutrition compared to those using fresh or frozen ingredients.

3. Canned food contributes less than 1 percent of the sodium in consumers' diets and there are more no salt added, low- and reduced-sodium options on grocery shelves than ever before. A quick drain and rinse can further reduce sodium content by 41 percent.

4. Canned foods are considered minimally processed foods. After being cleaned, peeled, chopped and trimmed, as necessary, foods are cooked in the can to lock in nutrients and flavor.

5. Steel cans are strong, tamper resistant and feature an airtight seal to help guard against food-borne illness and contamination. In addition, steel cans are the most recycled food package.

Relying more on canned foods, which come pre-cleaned, chopped and cooked, and easily portioned, can help you quickly assemble delicious and nutritious meals like the pros. Think of them as your personal prep kitchen.

So, the next time you are inspired to experiment like a pro, using recipes such as these tuna and black bean lettuce wraps, plan to work in a few canned ingredients to ensure you have plenty of time to enjoy the company of the family and friends gathered around your table.

To learn more about the facts about canned foods and discover more great recipes featuring canned ingredients, visit www.Mealtime.org/Myths.

• Recipe •
Tuna and Black Bean Salad Wraps

Ingredients:

- 1 can (15 oz) black beans, rinsed and drained
- 1 can (11 oz) tuna in olive oil, drained
- ¾ cup fresh tomatoes, peeled, seeded and chopped, or canned diced tomatoes
- ⅓ cup finely chopped red onion
- 1 tablespoon minced Serrano peppers
- ⅓ cup extra-virgin olive oil
- 2 tablespoons fresh lime juice
- ¼ cup chopped parsley
- ¼ cup chopped cilantro
- Salt and pepper, to taste
- 6 large butter lettuce leaves

Directions:

In a large bowl, combine beans, tuna, tomatoes, onion, peppers, oil and lime juice. Toss gently, being careful to keep tuna in bite-size pieces. Cover and refrigerate at least 1 hour. Add parsley and cilantro; season with salt and pepper. Spoon tuna salad into lettuce leaves. Fold up leaves and eat taco style. Serves 6.

Nutritional Information per Serving:

Calories 270; Total fat 17g; Saturated fat 2.5g; Cholesterol 15mg; Sodium 200mg; Carbohydrate 14g; Fiber 5g; Protein 18g; ; Vitamin A 25%DV*; Vitamin C 20%DV; Calcium 4%DV; Iron 10%DV

* Daily Value

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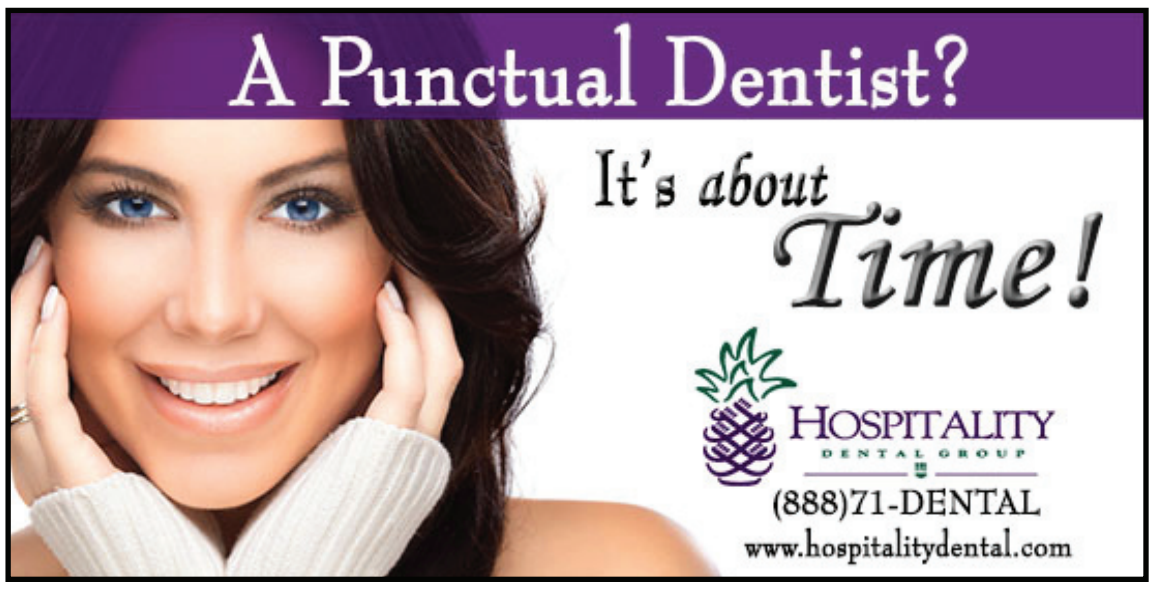

It's Elvis Palooza Time at the Grove Theatre

Come out to the family-friendly Elvis Palooza on August 23rd at 7:30 p.m. to witness the kings of Elvis impersonation. Relive the magical stage presence, costumes, and hip swiveling that Elvis Preseley was so known for.

Join Elvis Tribute Artists on August 23 for Elvis Palooza as they are Grooving at the Grove with "The King" in a concert to benefit the Grove Theatre and Academy at 276 E. Ninth Street in Upland.

Elvis may have left the building, but he forever remains in the hearts of millions of fans worldwide. This marks 36 years since the passing of this musical icon on August 16, 1977. To this day, fans continue to celebrate his music, his life and his legacy.

In addition to Elvis Presley's iconic public career, he was also famous for his giving nature and generosity. However, the true depth and breadth of his generosity and community involvement is not so widely known. Often, on the spur of the moment, Elvis would give away cars, cash and jewelry, buy homes for others, pay hospital bills for family, friends and complete strangers, and make charitable donations to many charities. In 1961, Elvis gave a benefit concert at Bloch Arena in Hawaii that raised over $65,000 toward the building of the U.S.S. Arizona Memorial at Pearl Harbor.

On Friday, August 23 at 7:30 p.m., Elvis Presley Tribute Artists from the Southern California area, who dedicate their lives to paying tribute to "The King" through recreating some of Elvis' most iconic performances, will also pay tribute to Elvis' philanthropic endeavors as they lend their time and talents in a one-night-only tribute concert dedicated to helping to save the historic Grove Theatre in downtown Upland, California. Backed by the TCB Flash Band, one of California's top Tribute Bands, these "Elvi" will take center stage at the Grove Theatre in an Elvis Palooza, with all the hip-shaking passion and spirit of "The King."

The evening will not only be a rockin' and rollin' good time, and an evening of great entertainment for the whole family, but also provides a chance to help preserve the performing arts and children's theatre programs in the community.

This family-friendly performance is at 7:30 p.m. Tickets are $10 and can be purchased by calling 909-920-4343, by visiting The Grove box office, or on the website at grovetheatre.com.

Box office hours are Tuesday to Saturday 11:30 a.m. to 2:30 p.m., except holidays.

PHOTO COURTESY OF: LIBRARY OF CONGRESS

Joke of the Week

Dummies

As we stood in formation at the Pensacola Naval Air Station, our Flight Instructor said, "All right! All you dummies fall out."

As the rest of the squad wandered away, I remained at attention.

The instructor walked over until he was eye-to-eye with me, and then just raised a single eyebrow. I smiled and said, "Sure was a lot of 'em, huh sir?"

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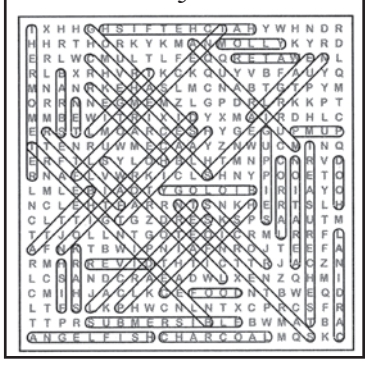
Sudoku

Fill a number into every cell in the grid, using the numbers 1 to 9. The restriction is that you can only use each number once in each row, each column, and in each of the 3×3 boxes. *Answers on P. 7*

				7	1	8	5	
						7	9	4
		5	9	4		2		
	3							
5	8	1				3	6	7
							2	
		9		6	4	1		
2	4	8						
	1	3	8	9				

Answers from P. 8



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Jim Is Back at Hand Car Wash USA

PHOTO COURTESY OF:MARGIE MILLER

Jim Selle has worked at Hand Car Wash USA in Colton for 18 years and counting, and it's a job he loves, he said. He has returned after taking six months off.

By: **Margie Miller**
of Grand Terrace
Publisher/Journalist

If there's one thing 25-year Colton resident Jim Selle (65) knows about, it's the value of hard work. For seven days a week from 6:30 a.m. and through the evening hours, this modest man loves what he does for a living.

Having worked at Hand Car Wash USA, located on Washington Street in Colton, for 18 years, what Selle loves most about his job is hard to choose. "Spending time with the people is what I enjoy," said Selle. "Customers and crew are what I enjoy the most."

Selle was first introduced to Hand Car Wash USA while working at Graziano's Pizza Restaurant in Mira Loma. He had known Tom Abeyta, then-owner of Hand Car Wash USA, who used to come into the restaurant. Abeyta offered Selle a job at the Car Wash. Selle worked there for 18 years before taking six months off and coming back in May of this year, under current owner Saab Bhullar.

> **"Spending time with the people is what I enjoy ... Customers and crew are what I enjoy the most."**
> —Jim Selle

"Being asked to come back felt good," said Selle. The respect and appreciation between these two men is evident. Selle is there helping out in every way he can—whether it's performing maintenance, repairs, greeting customers, washing or drying cars, ordering supplies—he does it all.

Hand Car Wash USA has been in operation for approximately 24 years. Open seven days a week, the shop sees thousands of cars each week. With some 300 to 400 cars serviced on the weekends, another 150 are washed on weekdays.

"Hand car washes are very popular with those who want to take care of their cars and their paint jobs," shared Selle. Vehicles washed by hand are typically cleaned more thoroughly than automatic car washes, as the lack of contact can hinder the ability to clean the car completely, according to autos.com. Additional processes, including claying, polishing and waxing, help to remove embedded contaminants and restore luster to a car's finish. Hand-washing methods allow for human washers to pay special attention to areas that require a little more tender love and care.

Selle looks forward every day to working with the people he loves and doing the work he loves, he noted. "I'm glad to be back," said Selle. "It feels good. And everybody knows me by my little red Corvette."

Deals on Cruises

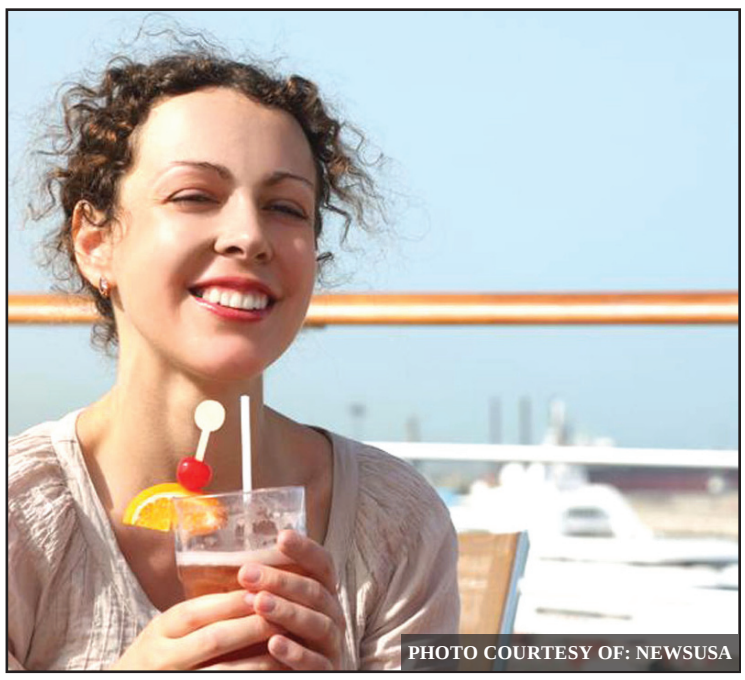
PHOTO COURTESY OF: NEWSUSA

Need a break? Cheap cruise deals make it easy to book a last-minute vacation for you and your family.

(NewsUSA)–Sometimes, you just need to get away—right now. While some vacations take months of planning, others are spontaneous affairs that only require snap decisions and the ability to stretch a dollar.

Given the price of plane tickets and prime hotels, it's easy to feel limited when planning last-minute vacations. However, certain cruises can present a shockingly affordable travel option. Consider setting your sights on the Caribbean, the Bahamas or maybe the Mediterranean—anyway, there's a strong possibility that you can find cheap cruise deals.

Many travelers—even the savvy ones—don't know about this travel secret, that it's entirely possible to book a truly amazing cruise at an affordable rate. But that's because they're not privy to the inner workings of cruise lines. When cruise ships need to fill vacancies quickly, they often broker deals with vendors to cut prices and offer epic deals. For instance, with Vacations To Go, you can book a last-minute cruise and save up to 80 percent off the regular price.

VacationsToGo.com lists over 25,000 cruises on its site so customers can find everything in one spot, which saves time spent on searching and planning when that travel bug bites.

If you're planning a last-minute cruise, read on to see some of the ways Vacations To Go can help get you out of the office and sunbathing on the beach, climbing a mountain or relaxing in a Parisian café.

- The company's world-famous 90-Day Ticker compiles all the best markdowns on cruises departing in the next 90 days.
- The advanced cruise search technology helps users easily find the ideal cruise without wading through a sea of options they're not interested in.
- The company negotiates special rates for groups like military personnel, interline employees and travelers age 55 and up.
- VacationsToGo.com is updated daily with new markdowns that cruise lines make available to help fill cabins.
- Users can register online for free access to all these deals. Plus, with each registration, customers get a free subscription to a newsletter offering pertinent details about cruise deals.

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Green Bathroom Renovations that Don't Sacrifice Luxury

(BPT)—Elegant, planet-friendly bathrooms continue to be a hot trend in home building and renovation. Bath products that respect and celebrate water have become trendier and more satisfying, proving that homeowners don't need to sacrifice comfort, beauty and luxury in order to do something good for the environment.

The secret to achieving a pleasing and environmentally friendly bathroom renovation is choosing the right combination of fixtures and accessories—and realizing that the bathroom is one room that's well worth investing a bit more in to achieve great upgrades that are modern and lasting.

Worth the investment

Bathrooms sell homes. An upscale bathroom remodel that costs around $50,000 will recoup more than 58 percent of its original cost at the time of resale, according to Remodeling Magazine's Cost vs. Value Report. A mid-range renovation returns even more on your investment—65 percent.

The bathroom is one room where dollar value also meets aesthetic appeal. Considering how much time Americans spend in the bathroom, and how many of us consider the bath a restful oasis where we can close the door on the 24/7 wired world, it's easy to justify spending a bit more to achieve the bathroom of your dreams.

Eco-friendly fixtures

Life—and your morning—begin with water. So how do you create an environmentally friendly bathroom that is good for Mother Nature and your own lifestyle?

Start with upscale eco-friendly fixtures that strike the perfect balance between high-end aesthetics, high-performance design, and environmental stewardship. TOTO is the "coolest brand name" in the bathroom, says the influential real estate blog Zillow.com

TOTO product designs are distinctive but adaptable, so they work well with a wide range of styles and architectural expressions. The manufacturer's elegant 11-inch Rain Showerhead uses a water-sipping 1.75 gallons per minute to deliver a luxurious shower experience and appreciable water savings. And its Keane Lavatory Faucet delivers just 1.5 gallons of water per minute, without sacrificing an ounce of performance.

TOTO toilets have earned a reputation as the "Sub-zero of the toilet world," according to the New York Times. They perfectly marry exceptional design with EPA WaterSense-level conservation. The UltraMax II 1G toilet uses a single gallon of water per flush to clear the bowl effectively, and offers an elegant, upscale design to enhance any bathroom renovation. Visit www.totousa.com to learn more.

Greener design elements

When it comes to other design elements in the bathroom, such as flooring and lighting, it's easy to find greener options that are also high-end and visually striking.

The cost of quarrying and transporting from point of origin to point of sale can make natural stone less than eco-friendly. Instead, consider using recycled flooring material, such as pebbled tiles made from recycled glass or plain recycled glass tiles.

Reclaimed wood can also work wonderfully in an upscale bathroom, imparting a look that is both rich and rustic. Or, if you prefer newer wood, opt for cork or bamboo; both resist mold and mildew, and repel moisture. And both are among the hottest flooring choices for savvy interior designers.

Finally, improving the electricity efficiency of your bathroom lighting is as simple as replacing incandescent bulbs with energy-sipping LEDs or CFLs. The looks and sizes available in both types of energy-efficient bulbs seems to expand every year, so it's possible to find one that will fit in any light fixture—turning even high-end luxury lights into eco-friendly, energy efficient options.

PHOTO COURTESY OF: BPT

Considering how much time Americans spend in the bathroom, it's easy to justify spending a bit more to achieve the bathroom of your dreams.

Smart, Safe Storage and Organization for Back to School

BPT—A little organization goes a long way. Not only can it lead to career success and personal productivity, but as students head back to class this fall, it can also provide health benefits and increase student security. Security in schools is a major concern for Americans, with 60 percent of respondents in a recent nationwide survey of 1,000 U.S. adults stating that they worry about the security of their children's belongings in a school setting.

"Implementing smart storage and organization habits now will position students for a successful school year," says Rebecca Smith, vice president of marketing for Master Lock. "Not only can you relieve some of the stress of worrying about your kids losing important homework assignments or having their valuables stolen at school, but you will have more free time to enjoy together."

Follow these tips for a smooth transition into the new school year.

Mix and fix your routine

Sit down with your family and evaluate your daily routines to ensure they are organized and effective. Identify aspects that no longer work and discuss ways they can be adjusted. If getting the kids fed and out the door in the morning is your biggest challenge, do as much as you can in the evenings to prepare for the next day. Lay out clothes in advance, cook and freeze breakfast options that can be easily thawed and served while you attend to other items. If organization is more of an afternoon struggle, create checklists that outline household chores, homework and other responsibilities to keep kids on track after school.

Be involved

Keeping the family organized and safe begins and ends with regular communication and parent involvement. Carve out a time at night to not only get kids started with homework, but to be available for questions, look through their backpacks and ask them to review their day so you are up-to-date with their regular activities. Discuss their security routines by reminding them to lock up belongings while at school and to lock the door when they return home afterwards.

File everything

"A place for everything and everything in its place." In keeping with this famous and wise phrase, create a filing system that organizes everything from administrative documents and report cards to study guides, test scores and great achievements. Keeping all these items in a secure, central location will make it easy for you and your children to access important information, such as school records and contact information. Schedule time every few months to go through the documents to discard unnecessary items and ensure that your system remains as organized as possible. Consider a cloud-based digital organization and storage app and website such as the Master Lock Vault for access to important information on-the-go. Storing documents and other private data online is not only convenient, it also eliminates the risk of losing hard copies of key items.

PHOTO COURTESY OF: BPT

Staying organized can make or break your child's school year.

Keep backpacks light and secure

A child's backpack should weigh no more than 10 to 20 percent of his or her total body weight, UMass Memorial Medical Center pediatrician Dr. Safdar Medina said during a recent interview posted on Worcester.com. When worn improperly or packed with too many heavy items, backpacks can cause pain, restrict circulation and can lead to posture problems. To keep backpacks light, ensure your children have secure locks for school and gym lockers so they are comfortable storing books and other valuables in these places while at class. Use folders or lightweight expanding files to store homework in one place and eliminate carrying heavier materials like plastic binders. Designate a backpack docking station near your home's entryway to encourage kids to unpack and leave them rather than carry them around the home. Finally, don't forget to provide a lightweight backpack lock to deter pickpockets and keep valuables secure.

Create a homework hub

Do your kids work best in the kitchen, living room or another location? Identify an area where they can concentrate well and outfit it with any supplies or items they might need for various assignments. Use creative storage solutions such as a shoe organizer for art supplies or Mason jars to hold pens, pencils, scissors and more. Having all the tools necessary to complete a given project in one area will limit distractions and time wasted attempting to locate that missing calculator.

For more advice on back-to-school security, storage and organization tips, visit www.masterlock.com.

Answers from P. 5

3	9	4	2	7	1	8	5	6
1	2	6	5	3	8	7	9	4
8	7	5	9	4	6	2	1	3
9	3	2	6	8	7	5	4	1
5	8	1	4	2	9	3	6	7
4	6	7	1	5	3	9	2	8
7	5	9	3	6	4	1	8	2
2	4	8	7	1	5	6	3	9
6	1	3	8	9	2	4	7	5

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El Kiosco

Cont. from P. 1

Restaurant owner Erik Morden was excited about the opening in Redlands. Being an alumnus of Redlands High School, he shared that he was glad the second restaurant could open in his town.

He stated, "I love the city here and I saw in the papers an opportunity. The space became vacant, and I've been looking around and it's just a perfect place for us here. The city has opened their arms to us."

The restaurant serves a wide variety of fresh Mexican food. One of their signature popular items is their burrito. Morden said, "The taco salad is a close second and they are kind of closing in on the burrito as the most popular thing. We have a wide array of different foods, and as far as meats go, carnitas are the favorite."

El Kiosco Express serves burritos, tacos, burrito bowls, tortas, nachos, enchiladas, cheese fries and quesadillas, to name a few items. Their meats include carne asada, chicken, carnitas, barbacoa, fish and shrimp. They also have a full salad bar.

Among the restaurant's community supporters was Penny Dollins, Miss Redlands. "Anytime we [Golden State Pageants] can come out and support a new business, we're here," she said.

Redlands Chamber Ambassador Cynthia Lake stated, "I've been a Redlands-er for most of my life and seeing new businesses opening here is great. This is a great city that has been through some renovation and I'm thrilled about that and I'm glad to support it."

The community response to the restaurant has been great, as the owner said they are already getting repeat customers. "It's been three weeks and we already have repeat customers and all the neighborhoods have been coming in quite a bit. It's only a matter of time for the industry to come here to eat for lunch," said Morden.

For a small express restaurant filled with big flavors, Morden says that everyone should come out to support. "There's a lot of Chipotles and La Salsas out there but we are a mom-and-pop place. We've been around for over 30 years and if you want to have food that's made from scratch and reasonably priced and made from real ingredients, you can't beat a little guy like us."

PHOTO COURTESY OF: REBECCA SAI

(Left) Owner Erik Morden holding up a certificate of recognition during his restaurant's grand opening.
(Below) The outside of the new El Kiosco Express restaurant.

PHOTO COURTESY OF: REBECCA SAI

PHOTO COURTESY OF: REBECCA SAI

(Left) The momentous event was an exciting and joyful one for Erik Morden and supporters of El Kiosco.

Music

Cont. from P. 1

hundreds. The performance took place at 8:15 p.m. on Aug. 6 in the Bowl where families with their children and people of all ages enjoyed themselves.

The event was free for all to attend. As families gathered at the bowl with snacks and fold-up chairs, the event immediately gave off a community and family feel. Carol Dixon stated, "It is all about community spirit and bringing people together in a wonderful summer entertainment kind of concert setting to give a sense of community."

As hundreds of people filled the Redlands Bowl they were attracted by the uniqueness of the event. Randi Taub stated, "It's something that people aren't exposed to, like the classical music, things you don't see mainstream anymore."

The Latin American-jazz-folk-fusion band Huayucaltia (the band's name means kinship and unity in Nahuatl) gave off an exotic and unique feel and captivated the audience with smooth music as they were illuminated with a blue light at the center of the stage. Band members included Cindy Harding, Ciro Hurtado, Julio Ledezma, and Antonio Ezkauriatza.

Before the event stared many people waited anxiously for the show to start. The Redlands Bowl is rich in history, with its past performances also being remarkable. The Huayucaltia performance had big shoes to fill, as people recalled amazing past performances. "This is the second event I've been to. I really enjoyed the last event that I went to. For me this is the best free thing you can go to in the area." Recalling past events Taub stated, "I really liked 'The Sound of Music.' It was one of the best things that they had in years."

The Redlands Bowl is known for serving a community with a wide array of interests.

Every week they change the performances, catering to a wide audience.

Dixon stated, "It's a variety. They try to touch on everything. It's nothing modern. Last week we had 'The Sound of Music,' there's ballet, there's opera—once there was a Frank Sinatra impersonator."

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Supplies

Cont. from P. 1

not because it was Christmas.

The City of Redlands hosted its Back2School Jam, where kids in kindergarten through third grade were given bicycles and backpacks full of school supplies.

Members of the Redlands Police Department, Redlands Fire Department, Micah House and various other local businesses, churches, community groups and City and County agencies helped give away the supplies, donated by the University of Redlands, from 10 a.m. to noon on Saturday, Aug. 3.

Families were joined by infamous pirate Captain Jack Sparrow of Disney's "Pirates of the Caribbean" film series fame, as well as Disney characters Tinker Bell and Snow White, and they enjoyed free food, refreshments and music, to boot.

Activity booths sprawled across Sylvan Park, where kids learned balloon-figure making and jumped in blow-up castles.

The Redlands Police and Fire Departments performed a rodeo show to explain how to ride bikes to and from school safely. A bicycle raffle gave away 25 bicycles.

The Back2School Jam was held in conjunction with the Redlands Community Cleanup day, which ran from 8 a.m. to noon on Aug. 2. Neighborhood cleanup locations included Post Street and Brockton Avenue, Cook Street and Cero Court, The Terrace, Citrus Avenue and Kaye Court and Second Baptist church on the 400 block of East Stuart Street.

Each child or teen who participated in the cleanup efforts received a free backpack and school supplies.

Redlands police officer and event coordinator Elyzabeth Green said, "I wanted to do something for the children of this community by motivating them and giving away school supplies and everything else they need before their first day of school. It is important to keep our children motivated so they can do and be great, as well as stay focused," she said.

Children in the Redlands Unified School District began their 2013–2014 school year on Aug. 14.

PHOTO COURTESY OF: ELYZABETH GREEN

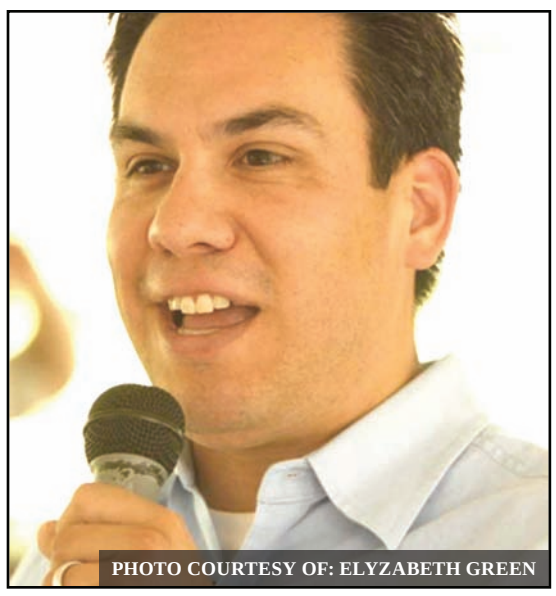


PHOTO COURTESY OF: ELYZABETH GREEN

(Above) Kids receive some free stickers at the Back-2School Jam. (Right) Redlands City Mayor Pete Aguilar welcomed the community.

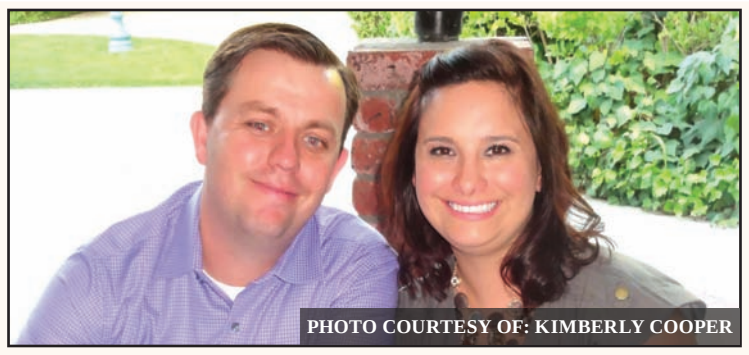


PHOTO COURTESY OF: KIMBERLY COOPER

Redlands High School sweethearts, now husband and wife, John and Mandy Norris. They said, "It is really fun to come back together again and see how much everyone has grown. We are really enjoying ourselves and being here definitely brings back a lot of old memories.

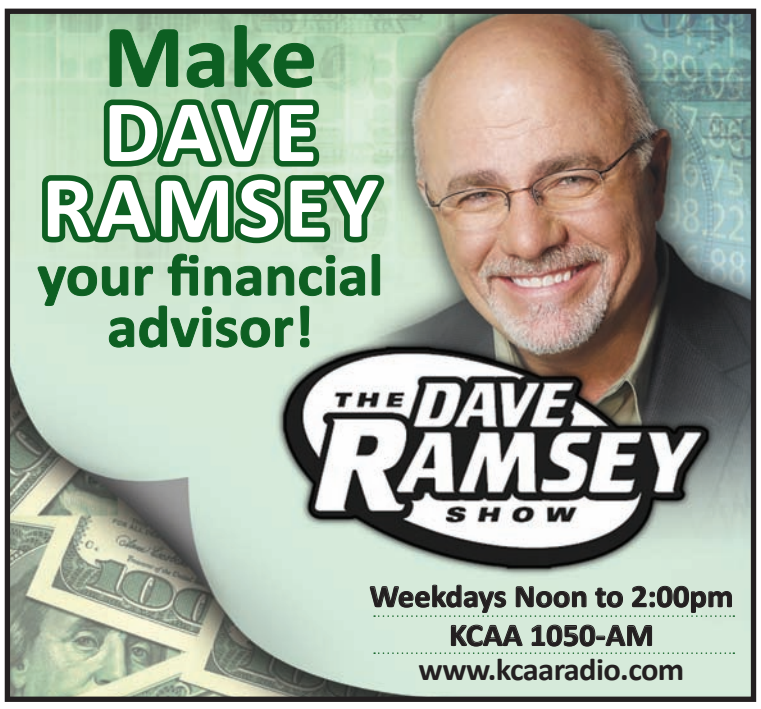
Reunion

Cont. from P. 1

explained, "As nostalgic as it seems, the last time I remember being here together with my classmates was during homecoming. We decided to come back to the Edwards Mansion in hopes that our fellow alumni would enjoy it while reminiscing on times and also enjoy coming back to their hometown to share this event with each other."

Alumnus of Class of '98 and event coordinator Mike Ahuja stated, "I am extremely excited to spend this time with my fellow classmates once again." Drew Jeffries, also an alumnus, a popular guy on campus with his identical twin brother Desmond, said, "I have so much energy and can hardly wait for the fun to begin!"

As era-appropriate music boomed through speakers, guests enjoyed dinner. The Redlands High School Class of '98 danced the night away ending with a speech from David Silas Tellyer, and the singing in unison of their beloved alma mater, creating another memory of what is to be a Redlands High School Class of 1998 alum.



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Word Search

Gone Fishin'

Find and circle the words listed below.

Answers on P. 5

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T T P R S U B M E R S I B L E B W M A T B A
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Improvements in Hearing Aids

PHOTO COURTESY OF: BPT

More than any generation before them, baby boomers have adopted lifestyles that help them stay healthy and fit. Check out how they have improved hearing aids!

(BPT)—America's baby boomers first came on the scene in 1946. They've been turning the world on its head ever since.

Known as the country's greatest generation for leading change, baby boomers make up roughly 26 percent of the United States' total population—at about 78 million people. Over the years they've reinvented almost everything about the way America lives—from the music we listen to, to the cars we drive, to the technology we rely upon, to the way we age.

The oldest baby boomers have already begun crossing the threshold into their golden years—and as expected, they're redesigning what's on the other side.

Never known as an understated generation, baby boomers have already made it clear that they won't be fading quietly into retirement. On the contrary, they're all about staying active and engaged. Chronologically they may be aging, but their spirits aren't. So whether it's finding a new career, rock-climbing, volunteering, adventure travel or online dating, baby boomers are embracing life's second act with gusto.

More than any generation before them, baby boomers have adopted lifestyles that help them stay healthy and fit. And they're embracing modern technologies that enable them to stay connected to the world around them and involved in it. An important way in which active baby boomers are keeping up their youthful pace is by taking care of their hearing.

This generation understands that in order to fully enjoy the experiences of life, you need to stay connected to it. So rather than deny a hearing loss and suffer the negative social, cognitive and professional consequences that inevitably result from leaving it unaddressed, baby boomers are increasingly dealing with hearing loss head on.

Boomers in their 40s, 50s and 60s are getting their hearing tested. And they're benefiting from the technological revolution taking place in the hearing aid marketplace. Simply put, the generation has caught onto the fact that today's state-of-the-art hearing aids are highly effective, sleek and sophisticated wearable electronics that can help them stay actively connected to life—not to mention to all their other prized electronics.

America's baby boomers have been shaking the place up for decades. It's no wonder, then, that they're now redesigning the golden years.

Five trending facts about today's hearing aids:

1. They're virtually invisible

Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.

2. They automatically adjust to all kinds of soundscapes

Recent technological advances with directional microphones have made hearing aids far more versatile than ever before—and in a broad range of sound environments.

3. You can enjoy water sports and sweat while wearing them

Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.

4. They work with smartphones, home entertainment systems and other prized electronics

Wireless, digital hearing aids are now the norm. That means seamless connectivity—directly into your hearing aid(s) at volumes that are just right for you—from your smartphone, MP3 player, television and other high-tech gadgets.

5. They're always at the ready

A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super-convenient—and there's no more fumbling with small batteries.

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Special **Automotive** Section

Car Tips for Safe Summer Vacation Travel

(BPT)—Vacations are keeping Americans busy this season. But with all that fun, make sure you don't overlook caring for your car and tires. If you do, the only thing you'll be doing is standing in the breakdown lane.

Americans will travel 1,045 miles on the average to reach their destinations, according to the recent Hankook Tire Quarterly Gauge Index. Before leaving for a trip, however, only 48 percent of Americans check their vehicles' tires for proper tread depth or tire damage. Drivers should monitor their tire pressures and tread and look for tire damage such as bruises, tears or punctures at least once a month.

In addition to checking your tires, make sure you have your spare tire ready to go. These days, most people aren't considering this to be a top priority—only 21 percent think a spare tire is the most necessary item for travel safety. In fact, 52 percent of Americans consider their cell phone to be the most important safety item. While you're checking the pressure and condition of your vehicle's tires that are actually touching the ground, don't forget to check your spare tire. The last thing you want to encounter when you have a blowout is a flat or underinflated spare.

PHOTO COURTESY OF: BPT

Americans will travel 1,045 miles on average to reach their destinations, according to the recent Hankook Tire Quarterly Gauge Index. Before leaving for a trip, however, only 48 percent of Americans check their vehicles' tires for proper tread depth or tire damage.

And where do people turn when in a bind with car troubles? Thirty-three percent of American drivers said they would call AAA first before calling a sibling, friend, parent or colleague.

We all want to do our best to avoid possible issues on the road, so here are some safety tips from Hankook Tire America to keep in mind:

Park in the shade

Air in your vehicle's tires expands as temperatures rise. In fact, for every 10°F increase in ambient air temperature, your tire's inflation pressure can go up by about 1 psi.

Check fluid levels

Make sure the check includes topping off window washer, brake and transmission fluids and motor oil.

Rotate your tires

Tire rotation is another important safety precaution and is recommended every 7,000 miles or six months. Rotating tires is the practice of moving automobile tires from one position on the car to another to provide optimal wear.

Check brakes & brake pads/shoes

Be sure to monitor them closely, especially if you can't remember how long it has been since they were last checked.

Don't overload your car—Overloading a car can lead to tire deformation, so be sure to check the vehicle's owner's manual for the recommended maximum weight capacity.

Check your trunk

It is important to make sure you have the tools you need to change a flat: a spare tire, a lug wrench and a jack.

Choose the right tire

Tires that offer lower rolling resistance, such as the Ultra-High Performance All-Season Hankook Ventus S1 noble2, can deliver fuel savings by minimizing wasted energy as a tire rolls, thereby improving fuel efficiency and saving consumers money.

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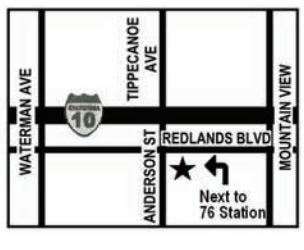

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Protecting Yourself from ID Theft

PHOTO COURTESY OF: BPT

Identity theft topped the list of consumer complaints received by the Federal Trade Commission in 2012.

(BPT)—Identity theft: It's the subject of articles everywhere you turn. That's because the problem has exploded in recent years, as new methods for collecting, storing, sharing—and stealing—your personal information have developed.

"Identity theft is an increasingly pervasive problem, particularly in today's digital economy," says Trey Loughran, president of the Personal Solutions unit at Equifax.

Identity theft topped the list of national consumer complaints received by the Federal Trade Commission in 2012, for the 13th consecutive year. It accounts for 18 percent of all complaints, up from 15 percent in 2011.

Identity theft can involve taking over your credit account, stealing your tax refund, taking out loans in your name, accessing personal bank accounts or even running up medical bills using your name. You might not notice these crimes until they're done, which can mean you'll have months of inconvenience and time spent correcting the problem, in addition to the financial cost.

You may be more vulnerable than you realize. Common opportunities for identity theft include:

• Collecting personal information you've shared over unsecured websites

• Completing change-of-address forms to redirect your mail

• Going through your mail or trash to find credit offers, bank and credit card statements, or medical records

• Stealing personal information you're carrying if your wallet or purse is lost or stolen

• Stealing your mobile device

You could turn around and discover bad checks, loans or credit card bills that are suddenly your responsibility. Your savings account could be wiped out and your credit ruined.

Even children are vulnerable because of their clean credit histories.

Equifax recently launched a website, IdentityProtection.com, that provides consumers with information on identity theft and how to help protect themselves. "Consumers who are armed with useful knowledge and tools can be a powerful deterrent to the rapid growth of this 'invisible' crime," Loughran says.

The identity theft experts at Equifax offer some advice:

• When you sign up for a catalog or add your name to a mailing list, consider if the benefit is worth sharing your personal information with someone who could potentially sell it.

• If you sign up for email coupons or loyalty programs, don't share your full address or any financial information.

• Ensure your passwords used for online banking and shopping sites are strong and unique; use a different password for each site. Mark your calendar to change your passwords every 90 days.

• Request that your medical and insurance providers assign you a unique personal identification number. Don't reveal medical or insurance information by phone or email unless you made the first contact. File paper and electronic copies of your records in a secure location, and shred any outdated medical documents, including old prescription labels.

• If your passport has been lost or stolen, prevent someone from ordering a new one in your name by contacting the U.S. State Department's Passport Services Department.

• Remember—the IRS doesn't contact taxpayers through email, text message or social media. If you get a message from a sender that is identified as the IRS, don't respond or click on any links. Forward the email to phishing@irs.gov.

Don't wait until you or your family become victims of identity theft. The more you know about this problem and how to help protect yourself, the safer you'll be.

Summer Savings

PHOTO COURTESY OF: BPT

Bringing food and having a picnic at a local park is a simple and cheap way to enjoy the warmer weather.

(BPT)—Summers are rich with opportunities for warm weather fun and you don't have to go far, or spend a lot, to enjoy the best of the season. Here are a few ways to maximize your summer fun without maxing out your budget.

Visit the farmers market or roadside stands around town

The summer season comes with delicious fruits and vegetables, and there's nothing quite like getting fresh produce directly from the ones who have grown it. Plus, buying from the source is often less expensive than the grocery store and helps support the local growers in your neighborhood. You'll enjoy only the best seasonal produce and get some Vitamin D while you're at it.

Become a tourist in your hometown

Summertime calls for vacation but that doesn't need to mean visiting a far-off place. Are there any historical sites or museums in your town you still haven't visited? A new restaurant you've been waiting to try? Search for places that offer deals to locals and enjoy the activities in your own backyard. You'll save on hotel costs and won't have to pack a bag.

Save at the pump—on fuel and more

Programs like the Shell Drive for Five Card offer savings all year long, as all cardholders earn a discount of five cents per gallon on qualifying gasoline or diesel purchases. Just buy a minimum of 45 gallons of Shell Nitrogen Enriched Gasoline or Shell Diesel in one month and the savings will apply from the first gallon up to 100 gallons for every qualifying month. And now through August 31, 2013, if you apply for the Shell Drive for Five Card for the first time, you can earn rebates equal to the amount you spend on non-fuel purchases with the Shell Drive for Five Card during the first 90 days—up to a total of $50 in rebates. Apply today at www.shell.us/driveforfive or pick up an application at any Shell-branded station.

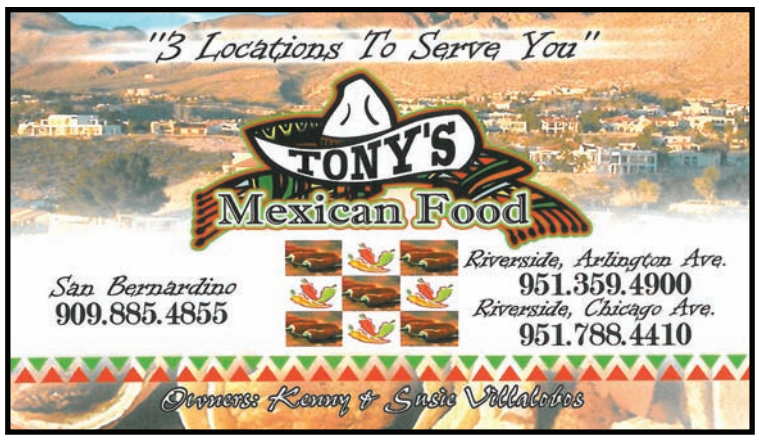
Have fun in the sun at your area parks, pools or beaches

Get out of the house and enjoy the fresh summer air this season. Take the whole family to the park and enjoy outdoor activities like tennis, Frisbee, hiking, biking and more. Or grab your swimsuit and hit the pool or the beach. It's low-cost family fun that you'll all enjoy together. Pack a picnic and continue the summer savings.

Get grilling

You don't need to leave the house to find the party. In the summer, all you need is good food and good people to have a great party! Host a potluck-style backyard barbecue for friends and family.

Now that you have these tips, it's time to have some fun. Start today and enjoy these summer saving tips this season and throughout the rest of the year—just don't forget the sunscreen.



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One Size Doesn't Fit All

Every woman knows that in the world of fashion, there's no such thing as "one size fits all." Yet for decades, American women have seemingly accepted the "one size fits all" approach when it comes to dealing with reproductive health issues. This one-size approach has meant that each year, thousands of women undergo hysterectomies that they may not need.

About 600,000 women have hysterectomies each year, according to the Centers for Disease Control and Prevention. Yet many of these highly invasive surgeries are medically unnecessary. And as more women realize they have options besides a hysterectomy, more women are seeking alternative solutions by consulting with their own doctors, tapping online medical resources, and discussing their experiences and options on websites like ChangetheCycle.com.

In 2003, the most recent year for which statistics are available, more than 90 percent of hysterectomies were performed for benign conditions; just 10 percent were done to treat cancer of the ovaries, uterus or cervix, according to a study published in the journal Obstetrics and Gynecology. Among the most common benign conditions treated were fibroids (35 percent), heavy periods (30 percent), endometriosis and pelvic pain. The CDC notes that from 2000 to 2004, fibroid tumors, endometriosis and uterine prolapse were the three most common conditions associated with hysterectomy.

"If a patient does not feel comfortable with a recommendation for surgery, she should seek a second opinion," says Dr. Jessica Shepherd, assistant professor of clinical obstetrics and gynecology and director of minimally invasive gynecology at the University of Illinois College of Medicine. "As a woman, I feel it is imperative that we feel we have options. Today, women dealing with reproductive health issues such as heavy periods or fibroids have non-surgical treatment options available, too. These options come in medical and surgical forms and I always want my patients to know all of them."

For example, fibroids or polyps in the uterus can be removed with a procedure called MyoSure, which requires no cutting into or removal of any part of the uterus. The procedure can help patients reduce heavy bleeding caused by polyps or fibroids while retaining a fully functional uterus. Heavy periods, which affect more than 10 million women, can be treated with the NovaSure procedure, a five-minute, non-surgical procedure that can be performed in your doctor's office. For more than 90 percent of women, the procedure can dramatically reduce menstrual bleeding or even stop it altogether.

New techniques are now available that do not involve a hysterectomy to cure or improve many conditions that used to require it.

"This procedure works very well and can also be done in the office setting," says Shepherd. "For every procedure, there are those patients that may not be a candidate for it and that is why a detailed conversation with your doctor is important. Feel comfortable asking questions and getting all the information you need."

Some serious conditions may only be treatable by hysterectomy. According to the National Women's Health Network (NWHN), these include: invasive cancer, unmanageable infection or bleeding, and serious complications during childbirth, such as rupture of the uterus. Shepherd also adds: "Fibroids do cause heavy bleeding and sometimes the size of the fibroid can be very large and they may require a more invasive surgery. Therefore it is important to talk to your gynecologist about your fibroids and all the options that can treat them."

However, NWHN "believes that unnecessary hysterectomies have put women at risk needlessly, and that health care providers should recognize the value of a woman's reproductive organs beyond their reproductive capacity and search for hysterectomy alternatives before resorting to life-changing operations," according to the organization's website.

"Before making any serious decision about a health issue, patients should consult their doctors and educate themselves as much as possible about their specific condition and their treatment options," Shepherd says. "In the end, we as women should celebrate our bodies and having engaging dialogue with our gynecologists and other women only encourages healthy lifestyles. In my forum for women's health care, we discuss all the topics that you may not want to or feel embarrassed about. We want you to open up about these topics and feel empowered!"

Visit her Viewpoint with Dr. Shepherd on Facebook and Twitter at Facebook.com/HerViewpointCommunity, and Twitter.com/HerViewpoint.

To learn more about non-surgical treatment for heavy periods, polyps or fibroids, visit www.changethecycle.com.

Singing for the Grove

The Grove recently announced they will be holding a benefit concert, Singing for the Grove, on Saturday, Aug. 24.

The concert is set to be a one-night-only event which will host several artists. Toni Morrell will act as mistress of ceremonies as well as perform. Other artists set to perform are "oldies" singer Melodye Dewine, David Dial, Maeve Riley who is no stranger to the Grove stage, and many more. The hope for this concert is to raise enough money for the Grove to keep its doors open for the public to enjoy live theater.

The one-night-only concert will be held at the Grove on Saturday, Aug. 24 and start at 7:30 p.m. Tickets range from $25 to $50. For more information on the Grove benefit concert and how to donate call 909-920-4343 or you can visit the theater website www.grovetheatre.com.

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More people than ever are spending time at home enjoying the beauty of their own backyards. Would you like to have gorgeous roses in your yard, without having to do all of the work? I can make it happen! All forms of rose/plant care by experienced gardener-rosarian. Design work. Advice on plant selection and fertilizing program. General yard work. Free estimates.

Call **951-385-8506** today and take the first step toward having the rose garden of your dreams.
18301 09/26/13

Call today to make your children's lives better tomorrow. Academic Learning Centers. 909-825-8580.
1849 07/25/13

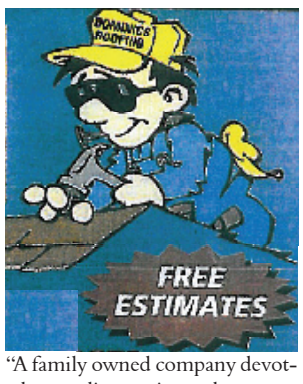
For videos of local events, call us! DarNel Enterprises. (909) 528-3856.
1849 07/25/13

SELL BEAUTY SELL AVON!

Sell Avon to earn extra income or start a new career. Only $10 to start your own business!
Up to 50% earnings on sales. Earn bonuses and commission when you grow a team. FREE website, sell all over the country, free online training and sales tools. For more information or to get started, call 909-923-6838. sign up on line at **startavon.com. Reference code: cherylsaenz.**
18220 09/26/13

BEST BUY RESTAURANT EQUIPMENT! New & used: buy, sell, trade, consign, rentals, or repairs. Located at 695 E Valley Blvd Colton, CA 92324 . Over 2000 plus items in the warehouse. Call 909-528-0608 & ask for Nash or visit our website at bestbuyrestaurantequipment.com.
17656 08/08/13

Toning classes Tuesdays, Thursdays, and Saturdays. from 9 a.m.–10 a.m. only $29.00 a month. If interested, call 909-370-3223.
17479 08/01/13



"A family owned company devoted to quality service and customer satisfaction" since 1989. We can meet all of your roofing needs. Call us today at 951-212-9384. Seniors, law enforcement, and military will receive discount! Se habla español. Lic#732789
18151 08/29/13

Trust your local interior designer to make your house a home. Specializing in everything it takes to make you say wow.
Ruth Chafin Interior Design.
(909) 825-8440.
1849 07/25/13

HOME & OFFICE cleaning! Cleaning of refrigerator, fan and oven. Free estimates, and special offers for seniors. Call 909-503-3994. Ask for Aida.
17031 01/30/14

Rosalinda Vargas, Zija Distributor **909-435-5461**. Weight management, nutrition, energy drink, and skin care products.
1849 07/25/13

420 Medical Marijuana Delivery Service

San Bernardino County areas Only 420 DELIVERY SERVICE INC. Must have updated 420 Medical Script Become Compassionate Care Collective Member $3 9AM TO 9PM 7 DAYS. Sativa ⋆ Indica ⋆ Hybrid. For more information call 909-630-9904.
18215 09/26/13

Due to a loophole in a popular government lending program, we now have an investor that will allow you to purchase a new home for less than 40% cash down payment, have no mortgage payments on the balance and at the same time effectively double your social security benefit. For more information call 714-269-4198 or email us at ken2@nhmcinc.com. nmls/milo ID 242789NMLS/MLO ID 242789 CA DRE ID 01753266.
17833 07/25/13

HOUSE PAINTING PARTNERS

(Husband and wife team)
Seniors get 35% off. Neat clean reliable Christians. Will travel. For more details and information call, 909-797-2946 or you can call 951-780-9484.

NEED A HAIR CUT? or a hair stylist for weddings, special accasions, photoshoots, and etc. Call and ask for **ELIZABETH!** at 760-920-3273 (cell). Call to make an appointment today! I cut women's, children's, and men's hair.
18298 11/28/13

Have you tried the body wrap? Wrap your unwanted body fat and see results in 45 minutes! If interested call 909-543-7146. Or visit https://mybodywrap.itworks.com/home
17921 08/08/13

HORSE SHOWCASE TRAINING STABLE CAMP!

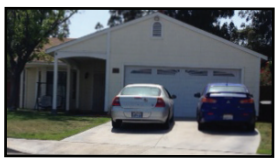
In Redlands, and is offering a summer day camp program, starting at $55 per day. Starting June 18, 2013, camp day will be held on Tuesdays and Thursdays, from 9 am-3pm. Discount packages are available. Age requirements starting at 8 years and older. If interested and want information on discounts and details of what the day will consist of, call and ask for Gretchen at 909-798-9479.
18186 09/19/13

Housing For Rent

Small studio for rent! Located in Grand Terrace, by Blue Mountain. New paint and tile. $500 per month, includes electricity. Call Vicki at 951-250-1198.
17883 08/01/13

LOMA LINDA 3 bed, 1 bath. **Van Leuven St.** One story house with garage and fenced yard. $1,295.00 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

Home for Rent



Located in Colton, Cooley Ranch, in a very nice community neighborhood, and community has pool and park. 3 bed, 2 bath, and 2 car garage. $1,425 plus deposit. If interested please call 909-721-9809.
18049 08/29/13

DO YOU OWN OR WORK IN A SALON? HAIR,TANNING, NAILS, OR ANYTHING TO DO WITH BEAUTY? CONTACT ME TODAY, SEE HOW TO ADD OUR PRODUCTS INTO YOUR RANGE OF SERVICES! IT WORKS! BRITTANY BRIGHT (909)-213-6629 BBright.myitworks.com (offer listed below)

1700/3 Br - Prestigious Grand Terrace Home

Beautiful 3 bdr, 1 & 3/4 baths, minuets from LLUM, UCR, & Redlands. Recently remodled, formal din area, small fam rm, fire place infront rm. Granit counters in kitchen & bath rms. Kit appliances 1 1/2 yrs old, wood laminate floors, cpt in brs, oversize 2 car garage. Huge back yard w/patio, sprinkler system landscape front & back yard. Gardener paid by landlord. Walking distance to GT Jr. High, and new high school. Great location. AVAILABLE Sept. 1st. A MUST SEE. Sorry no pets. Call Don at 951-850-5507.
18468 08/29/13

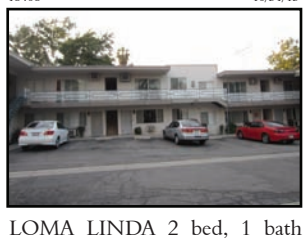
LOMA LINDA FOR RENT. Family-friendly environment located in the private West Colony Community approx. 2 miles from LLUMC. Property features a beautiful master suite, fireplace and indoor laundry area. Additional amenities include pool access, 24-hour security and a private park with walking trails. The residence is move-in ready and is available for immediate occupancy. For an appointment to view, call Frank at 951-202-5033.
17905 07/25/13

REDLANDS 3 bed, 2 bath **State St.** Close to downtown. Upgrades. All kitchen appliances, washer/dryer. $1745 per month. (909) 796-2897 www.united-pm.com
18408 10/31/13

REDLANDS 2 bed, 2 bath **Lomas Verdes**. Wood flooring. Refrigerator, stove, washer/dryer. High garage. $1195 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

LOMA LINDA 3 bed, 2.5 bath **San Juan St**. All kitchen appliances, attached garage, washer/dryer. $1650 per month. (909) 796-2897 www.united-pm.com
18408 10/31/13

REDLANDS 3 bed, 1 bath **Miramonte**. Large driveway and two car garage. Includes refrigerator and stove. $1325 per month (909) 796-2897 www.united-pm.com.
18408 10/31/13



LOMA LINDA 2 bed, 1 bath **Bellaire St** Month to month okay with $15 rent increase. $865 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

Family-Friendly Apartments!

1, 2, and 3 bedroom apartments for rent in a great neigborhood. Located at 2935 North Mountain Ave, San Bernardino CA. Se habla Español. Ask for monthly special. Call 909-559-3211, 909-881-7748, 818-648-2043, or 818-488-1094.
18017 07/25/13

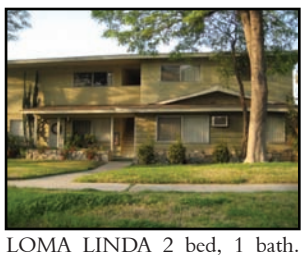
First MONTH FREE!
Rents as low as $811 /mo
Spacious 2 bd. with appliances and large backyards. Pools, 4 Laundry Rooms, Playgrounds, Basketball court, BBQ Island, Gated Community. Ready to view. Call today (909) 888-3001
⋆Certain Restrictions Apply
17253 08/01/13

REDLANDS 2 bed, 1 bath. **San Mateo St**. Washer/dryer hookups in bathroom. Large living room. $895 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

SAN BERNARDINO 2 bed, 2 bath. **Coulston St**. Includes washer and dryer. $1,150 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

REDLANDS 2 bed, 1 bath **Kansas St** Downstairs apartment. Private garage and fenced backyard. $895 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

COLTON Studio, 1 bath. **La Cadena Dr** Downstairs apartment with laundry room. $650 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13



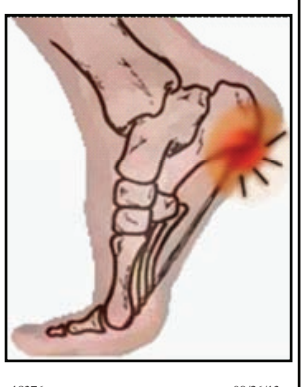
LOMA LINDA 2 bed, 1 bath. **Taylor St. #B** Downstairs apartment with side yard and carport. $865 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

RESEARCH PARTICIPANTS NEEDED

The Department of Physical Therapy in the School of Allied Health Professions at Loma Linda University is currently conducting a student dissertation project to examine the effect of Electrical Stimulation in the treatment of plantar fasciitis (heel pain). You may qualify to take part in this four week study if:

-You have been diagnosed with PLANTAR FASCIITIS
-You are at between 18 and 65 years of age

If you are interested in participating or would like further information concerning the study, please contact Abdullah Alotaibiat at 909-358-3875 or via email at akalotaibi@llu.edu



18376 09/26/13

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On-line visit:
www.OnlineHousePrices.com
or call a free recorded message at **1-800-361-9527**
ID#1041
JL Premier Properties

APARTMENT FOR RENT
COLTON
Studio, 1 Bdrm & 2 Bdrm
FROM $595 – $845
Dishwasher, Stove, Air Conditioning, Pool, Laundry, Miniblinds, Carport, & Gas Included
CALL: 310-704-7711

CLASSIFIEDS

HOMES & APARTMENTS FOR RENT

11647 Butterfield St
4bd/3ba, patio, central unit, 3 fireplaces, and a 2 car garage
No pets, **$1975**/mo

24925 & 24931 Prospect Ave.
2bd/1ba downstairs unit, oven, range, fridge, A/C. Water & trash included.
$895 per month

7 E. Clark St. #4
1bd/ba, upstairs unit. Oven, range, hardwood flooring. Water & trash included. **$700** per month.

909-478-7725
eastvalleyrentals.net

BLUE MOUNTAIN SENIOR VILLAS: Retirement Living at an Affordable Price
Smoke-Free • Luxury Apartments • 62+ • 1&2 Bedroom • Pet-Friendly • All Utilities Paid • Hurry! Limited Space!
909-422-1557
17882 07/25/13

LOMA LINDA 2 bed, 1 bath. **Prospect Ave.** Large downstairs apartment with laundry hookups. $925 per month. (909) 796-2897 www.united-pm.com.
18408 10/31/13

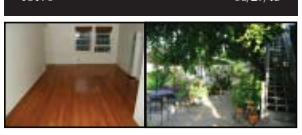
HOME FOR RENT

SALE OR LEASE RESIDENTIAL. House & Lot Loma Linda area (near Rock Church) 2200 sqft. 3bd, 2bth. Minutes from university. Quiet area. $1300 or $1900 (w/ the 1 acre). Sale-$349,000. Section 8 is possible. Washer/dryer hook ups, large rooms, and in a cul-de-sac.
Call 909-528-2512 to discuss.
18123 08/29/13

APARTMENT

San Bernardino one-bedroom apartment for rent. $650-$675 per month. Features include: gated complex, swimming pool, on-site laundry, inside covered parking, storage bin, safety security cameras, and an excellent on-site manager. Walking distance to grocery store, Coco's Restaurant, hospital, banks, and retail stores. Call 909-886-8748 and ask for Angel. Good location, near St. Bernadine's Hospital. Call today! el-royale-apartments.com.
17576 08/29/13

$$$RENTERS $$Stop paying your landlord's mortgage. FREE report reveals how easy it is to own your own home. Call now our FREE recorded message. 1-800-586-0027 ID#4001. Agent
18170 08/29/13



BEAUTIFUL REDLANDS APARTMENT FOR RENT
one bedroom, near downtown Redlands. Hardwood floors, stove, fridge, pretty rose garden, and fruit trees. Has abundance of plants and patio seating in the back yard. $880 per month, plus $330 security deposit. Includes laundry room on site. If interested and want more details, call 909-793-4636. Call after 11 a.m.
18308 09/26/13

ONE-BEDROOM APARTMENTS!
$650 per month plus sec. deposit. Good location in Northern San Bernardino. One block from St. Bernadine's Hospital. Features include: gated complex, security entrance cameras, on-site laundry, swimming pool, and remote controlled inside covered parking. Two blocks from banks, grocery stores, Coco's Restaurant, and retail stores. If interested, please call Angel at 909-886-8748.
17541 07/25/13

Arroyo Vista Apartments

A beautiful property in Redlands offers spacious one and two bedroom apartments, exceptional value for your money. With one year lease and on approved credit your first month rent is only $99.00. Large private patios/balconies, pool, Jacuzzi, clubhouse and tennis court make this a home you'll enjoy.
Move-In Special
1 Br. 1 Bath, 720 Sq. Ft.$925
2 Br. 2 Bath, 966 Sq. Ft. $1,125
Call 909-335-9970
16895 07/25/13

Event

LOMA LINDA BLUE ZONE HEALTH AND LONGEVITY CLASS. Health & longevity lectures. Sat. mornings 10:15 -11:30am. Wong KerleeCenter room C1116 Loma Linda University. Info:909-651-5077.
18308 09/26/13

Real Estate for Sale

HOME OWNERS
Upside down on your Redlands area home and want to save it and avoid foreclosure? FREE book "Homeowner's Guide To Fighting Foreclosure". Call now to order. FREE recorded message 1-800-586-0027 ID #4101. (Talk to no one). Agent.
18476 10/31/13

HAVE A PROPERTY PROBLEM?
If you are behind on payments or your house is worth less than your mortgage & you do not know what your options are & want to stay in your home, call now our FREE recorded message at 1-800-586-0027. ID #4044. Agent.
18170 08/29/13

DELUXE GRAND TERRACE HOUSE FOR RENT!
Gated 3 bed, 2 bth home in safe residential area on a large lot adjacent to newly developed fitness park. Near schools, shopping center; close to freeway and LLMC. Remodeled kitchen with new tiled floors, cabinets, granite countertops, dishwasher, stove and disposal. New tile and carpet throughout. New bathrooms with new vanities and countertops. Central air and central heating. Garage with remote access; laundry hook ups. Large storage attached to house. $1,600 per month, one year lease; no pets. Call for appointment at 909-796-2131.
18122 08/29/13

****HOMESELLERS****
Find out what homes down the street sold for! Free computerized list w/pictures of area home sales and current listings. Call now our FREE recorded message at 1-800-586-0027 ID#4041. Agent
18170 08/29/13

Upscale Luxury Homes!
Prestigious, upscale homes between $500k to $1 mil. FREE list with pictures. FREE recorded message, call 1-800-586-0027 ID# 4049. Agent.
18276 09/26/13

DISTRESS SALE. Bank foreclosures. Receive a FREE list with pictures of foreclosure properties. Call now our FREE recorded message, 1-800-586-0027 ID#4042 Agent
18170 08/29/13

Prestigious Upscale Home!
Private, quiet setting with amazing views. Spacious so bring a big family. Sellers have spent over $300,000 upgrading the landscaping, pool and remodeling the inside. Fruit trees and room for animals on 5 acres. Listed & appraised at $875,000. Call our FREE recorded message now at 1-800-586-0027 ID#4501. Pixley Lewis Remax Advantage.BRE# 00543366. Agent
18276 09/26/13

Commercial R.E for Lease

Office for Rent—approximately 400 square feet—$550 (includes utilities). Excellent Redlands location, close to freeway. Call Tim at 909-885-3130 for information
17905 08/08/13

Colton 3200 sqft. Many uses—retail, showroom, warehouse. $2,150 to lease or $349,000 for sale. Located off 10 Frwy. If interested, please call 909-528-2512.
18189 07/25/13

Yard Sale

HUGE GARAGE SALE!
Sunday, August 18, 2013, from 8 a.m.-2 p.m.. Located at Loma Linda Korean SDA Church. 12408 S. MT. Vernon Ave, Grand Terrace, CA 92313. Will be selling electronics, kitchenware, childrens clothes, adults clothes, shoes, and much more!

Saturday and Sunday, Aug 17th & 18th. 8 am till 3 pm. No early birds, PLEASE! Furniture pieces, bedspread set, lamps, patio furniture set, books, DVR player, DVR tapes, music cassettes, craft supplies, lots of Bradford Exchange collectable plates, women's size pants suits (20W, 22W) good condition, one never worn, tons of nick knacks! 3279 N Arrowhead Ave., San Bernardino. Too much to list. EVERYTHING MUST GO!
18435 08/29/13

MOVING FURNITURE SALE!
Kitchen, bedroom, living, and dinning rooms MUST GO! Please call for APT at 909-862-0444. Located in San Bernardino.
18435 08/29/13

Automotive

2000 Mercury Sable Wagon w/ leather adjustable pedals. Excellent condition. Handicap lift. A must see! Original window sticker available. $4,950. 951-202-3928 or 909-503-5480

Wanted

City of GrandTerrace Seeks
Qualified Teachers
Preschool-6th Grade
Child Care Title 22
Salary: $9.29-$11.87
Create & Implement Curric.
More details call: (909) 783-0994

NEED A REGISTERED NURSE?
I am available for private duty, care-giver services. or personal assistant. Part time or full time is ok. Call Ruth at 213-364-1470. Prices can be negotited.
18136 07/25/13

NEED A CAREGIVER?

Grace's Wish
I am compassionate, experienced, professional, flexible with schedules, and I have excellent references. Call Susan at 951-965-1043 .
18033 08/08/13

APARTMENT BUILDINGS WANTED!
Looking for a **2—10 unit apartment building to purchase, prefer seller carry**. Please call if you are considering selling. I have a down payment & good credit. Ask for Debbie at 909-528-2512.
18029 07/25/13

Caregivers

Home Instead SENIOR CARE
To us, it's personal.
Taking applications for caregivers!
8:00 AM - 3:00 PM Monday through Friday. 6751 Brockton Avenue Riverside, CA 92506
Jobline 951-367-7050
17795 08/08/13

Cornerstone Hospice

Hospice Volunteers Needed
Cornerstone Hospice is looking for volunteers to visit, provide companionship, or relieve a caregiver for our hospice patients within the Inland Empire. One-two hours a week. Hours are flexible and we will train you. If you are interested, please contact Debbie Eatinger at (909) 872-8100 or deatinger@cstonehospice.com. We are also accepting applications for all nursing positions.
18235 10/31/13

Need a caregiver? Located in Moreno Valley, and mobile. Avaible for the weekends only. For rates and more information, please call Rose at 951-545-8565.
17882 08/29/13

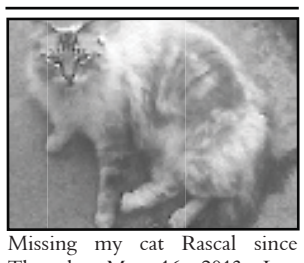
Rates: $1 per line. Advertisements run for two week intervals unless cancelled. No refunds made for cancelled ads. Lost and found ads are free. **Submissions:** The best way to send in your classified ad is via email to classifieds@citynewsgroup.com. We also accept ads in person and over the phone. **Deadline:** Monday at 4:00 p.m. for the following Thursday's paper. (Holiday may change deadline). **Payment:** We accept cash, check, and all major credit cards but American Express. **Proofs:** All customers receive a proof prior to publication to reduce the chance of errors. **Errors:** Any errors made by CNG, Inc. within relation to an advertisement will extend the ad one week.

Questions? 909-370-1200

LOST & FOUND!

FOUND! Black sheperd mix, young male found Barton Road & LaCadena Drive on July 30. Call 909 783-8888.
18121 08/15/13

REWARD! Simon a one year old male kitty has been missing since Wednesday July 24th. He has a green collar with tags and is micro-chipped. Please call with any information. 909-226-8857. Thank you! Family devastated.
17905 10/31/13



Missing my cat Rascal since Thursday May 16, 2013. Last seen at Van Buren and Willet Ave in Grand Terrace, CA. Please call 702-278-4153.
17905 07/25/13

For Sale

Garage Sale 8/17, 8 a.m.-12 p.m. 880 Joni Lane, Redlands, CA 92374. Futon, microwave, and shelves.

FOR SALE. Brand new tan ACER Aspire 1 notebook computer w/carrying case. $200. Men's & Women's beach cruiser. $50 each. 951-965-1043.
18121 08/15/13

FOR SALE. A beautiful dining room set w/white wash finish & 6 chairs. Buffet w/lighted glass. $250. ALSO, Bowflex for $50. Call for pictures. 909-954-8996.
18121 08/15/13

Kimball Artist console piano and bench $900. If interested, and want more information, please call 909-794-5295.
18344 08/22/13

HONEY FOR SALE!
Local pure gourmet raw honey. 36 oz. jar for $25.00. From bee keeper. call 909-381-9619.
17700 9/26/13

Canning jars $5 a dozen, if interested, please call 909-825-9502.
18389 08/08/13

Two white purebred German Shepherd puppies for sale. Loyal, intelligent, trustworthy, best guard dog, and very friendly. $195 OBO. Call 951-733-7939.
18121 07/25/13

FOR SALE. Mini Purebred Dacshund Puppies. 9 weeks old, $250 ea. 3 girls, 1 boy. Has first shots and ready to go! 909-915-5352

Cornejo Kennel Puppies for sale!
Alapaha Blueblooded Bulldogs registered with A.B.B.A. First pick is $750 and last pick is $200. They have their shots & have been dewormed. Will give well-check also. 3 girls and 1 boy left! If interested, please call 909-872-0104 or 909-913-1130.
18231 09/26/13

Oak wall unit, for king-sized bed. Two storage shelves, headboard shelf, mirrors writing, and under bed storage drawers. $100. Call 909-649-1073.
18278 08/29/13

Table needs to go! It comes with 4 chairs, a center leaf to make table bigger, and will seat up to 8 people. Everything is in pretty good condition. $150 OBO. Call 909-257-7002.
18066 09/26/13

A bronze king-size bed frame for sale. Have headboard and footboard as well. In great condition. $100 OBO. If interested, please call 909-534-2500.
18121 07/25/13

Commercial Office Space For Rent!
22573 Barton Rd Grand Terrace now renting executive office suites cheap! Month to month/No contracts needed. Rates negotiable from $200 per month on up. Great for start-up businesses, clinical care real estate or legal. Furnished and unfurnished suites available. Contact Ryan at 909-709-7705.
18442 12/26/13

8/26 7:05 pm
Fan Appreciation Night
Presented By: SUBWAY
66ers Grab Bag Giveaway*
Featuring Angels Items *While Supplies Last
8/23 7:05 pm POST-GAME FIREWORKS
Presented by Budweiser
Toyota & Scion of Redlands 50 Cent Friday
TOYOTA REDLANDS SCION REDLANDS
www.ToyotaOfRedlands.com 1(866) 862-4290
8/24 7:05 pm Kole Calhoun Garden Gnome Giveaway*
Presented by Sea Bright Solar *Supplies are Limited
8/23 5:05 pm Football Kick-Off Night
Pre-Game Wingfest
280 SOUTH E ST SAN BERNARDINO 909.888.9922
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with purchase of $50 or more
This offer not valid with any other offer.
One coupon per customer. Cannot be redeemed for cash.
Valid only at participating Clark's Nutrition & Natural Foods Markets only. Not valid for online purchases.
Coupons must be relinquished at the time of purchase
Offer Expires August 31, 2013
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